

## Disability & Health Disparities in Washington State

# TOBACCO CESSATION

## Behavioral Risk Factor Surveillance System (BRFSS)

### Smoking

People with disabilities had higher rates of smoking compared to people without disabilities. This was true even among people of the same age, income, education, sex, race/ethnicity, and health status. Smokers with disabilities averaged more cigarettes per day (14.6) than did those without disabilities (11.9).

#### Definition of Disability

A person with a disability was defined in BRFSS as someone who reported:

- Being limited in any way in any activities because of physical, mental, or emotional problems, or
- Having health problems that require them to use special equipment.

All statistical comparisons discussed herein were significantly different at  $p < .05$ . Figures show the 95% confidence intervals around sample estimates.

### Motivation to Stop Smoking

Compared to smokers without disabilities, those with disabilities were:

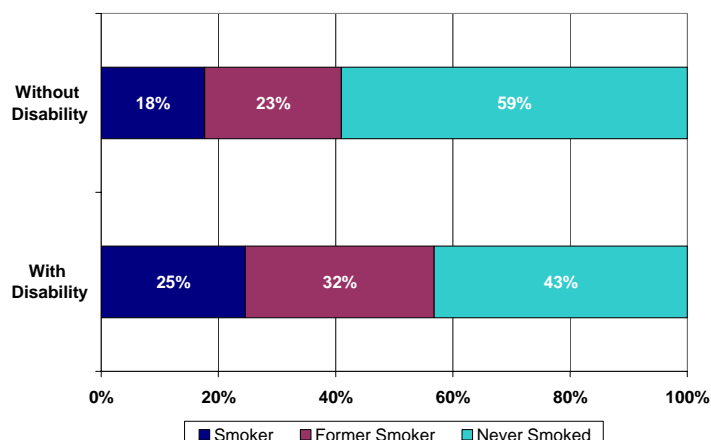
- More likely to have been advised to quit by a health care provider in the past year.
- More likely to report that they wanted to quit smoking.
- More likely to say they would quit in the next 6 months.
- Equally likely to have quit for 24 hours or more.

### Use of Supports

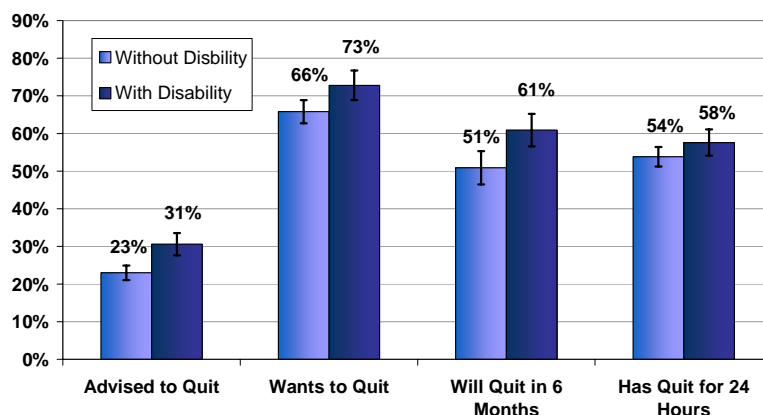
When compared to smokers without disabilities, those with disabilities showed:

- More willingness to call a phone quit support line.
- More experience with nicotine patches and other medications to help quit tobacco.
- Equal use of community cessation programs.
- Equal use of the Department of Health Quit Line.

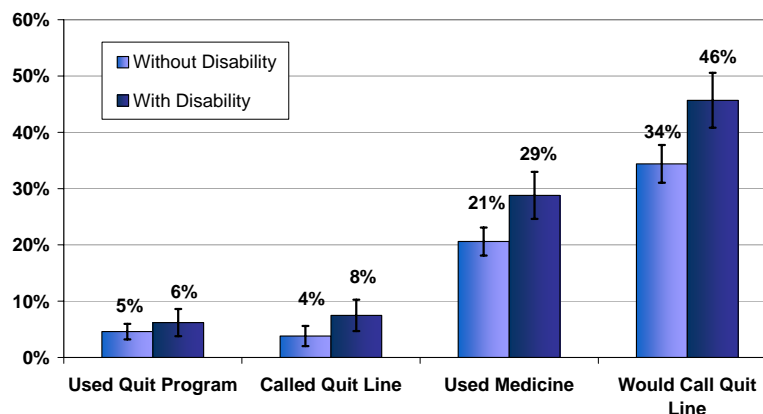
Smoking by Disability, 2004



Motivation to Quit Smoking by Disability, 2004



Use of Supports by Disability, 2004



For more information, contact the Washington State Department of Health, Genetic Services Section at:  
[genetics.support@doh.wa.gov](mailto:genetics.support@doh.wa.gov)

